

Kindergarten – Third Grade ‘Keep Our School Healthy’ Script

Dr. Rodenberg: Hi Kids! My name is Dr. Howard Rodenberg and I am here today to talk to you about the flu. The flu is short for influenza and is an illness that can be spread from person to person. You see, the flu is caused by a virus. Viruses are very tiny little bugs that are so small you can't see them without a microscope. When someone sneezes, these little bugs fly out of his or her mouth like this. (Points at blackboard) If someone else breathes in these little bugs, they can get the flu too. If you get the flu, you may get a fever, chills, cough, body aches, headaches, earaches and sometimes even have trouble breathing. The flu just makes you feel really bad. The good thing is that we can all do things to keep from getting the flu. Let's use my Magic Blackboard to talk with a school nurse about things you can do to keep from getting the flu.

Nurse Chris: Thank you Dr. Rodenberg. As the doctor said, the flu is caused by tiny bugs that are spread when an infected person sneezes or coughs. One of the best ways to keep from spreading the flu is to always cough or sneeze in your elbow; like this. (Coughs and sneezes in the crook of her elbow).

You should never share cups, glasses, silverware or even milk cartons. To keep these flu bugs from making you sick, it is also important to wash your hands often. Be sure to use lots of soap and warm water and always wash your hands after you use the restroom and before you eat.

But even if you steer clear of sneezers and you wash your hands regularly, you still might get the flu. You should stay home if you are sick with the flu and your parents will probably have you do these things until you feel better:

- Rest in bed or on the couch.
- Drink lots of liquids, like water, chicken broth, and other fluids.
- Take the medicine your mom or dad gives you to ease your fever, aches, and pains.
- Tell your mom or dad if you have trouble breathing, your muscles really hurt, or if you feel confused. These are signs you may need to see the doctor.

Most of the time, you'll feel better in a week or two. Until then, you'll have to stay home from school and take it easy. We hope you're flu-free this year, but if you **do** get the flu, now you know what to do!

Dr. Rodenberg: Thank you Nurse Chris. Okay kids, let's use the Magic Blackboard to review what we've learned today.

Dr. Rodenberg points at the Magic Blackboard with his pointer as each of these bullet points appear:

- The flu is caused by viruses that are like very tiny bugs.
- Flu bugs can travel in the tiny drops that come out of our mouths and noses when we cough or sneeze
- We should always cough or sneeze in our elbows.
- We should wash our hands with soap and warm water as often as possible, but especially before eating.
- If we get sick with the flu, we should do what our parents tell us and stay home from school until we feel better.

By doing these things, we can all stay healthy during flu season. We don't want to feel yucky because of the flu, do we?

Get out of here you pesky flu bugs. You won't make us sick with the flu this season.